TOILET/BATHROOM KE AADAB

(EPISODE-11)

Kisi bhi amal ke karne ka behtareen tareeqa us amal ka adab kehlaata hai. Pichle zamane meiN toilet aur bathroom alag alag rooms hote the lekin aaj ke daur meiN yeh donoN ek hi room hote haiN. Lehaza aaj ke daur meiN toilet ke aadaab hi bathroom ke aadaab honge.

1. TOILET KE AADAAB

DAAQIL HONE KE AADAAB: Toilet meiN daaqil hone se pehle BISMALLAH kahiye aur yeh dua paDhiye: A'uzu billahi minal qubsi wal-qabaa'is. Phir toilet mein apna left paaooN pehle rakhiye aur right baad meiN rakhiye.

BAITHNE KE AADAAB: Aap ke baiThne ki jagah ka slope aisa hona chahiye ke peshaab ooNchaayee se neeche ki taraf jaana chahiye aur is ka ulTa nahi hona chahiye kyu ke agar peshaab neeche se unchaayee ki taraf jaayega to peshaab ke cheeNte aap ki taraf aayeNge.
Baithne ka position ukDu(squatting position) hona chahiye aur left paaoN par zor daal kar baiThna chahiye.

BAAHAR NIKALNE KE AADAAB: bahar nikalte waqt right paaooN pehle nikaaleNge aur nikalne ke baad yeh dua paDhenge: "GUFRANAKA, ALHAMDULILLAHIL-LAZI AZHABA ANNIL AZAA WA AAFAANEE".

TOILET KE MAKROOHAAT

Wo cheezeN jin ka karna toilet meiN na-pasandeeda hai:

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JIS CHEEZ PAR ALLAH KA NAAM LIKHA HUA US KO TOILET MEIN LE JAANA: Public toilet mein jaate waqt dirham/deenaar(jis pe Allah ka naam likha hua hota hai), angoThi, mobile,etc ko baahar rakh ke jaane se chori hone ka andesha hota is liye ba-haalat e majboori in ko toilet meiN le jaa sakte haiN. Lekin mobile meiN quran hai to usko le jaana jaayez nahi hai, lehaza mobile meiN quran na rakha jaaye.

SATAR KHONA: Jab qaza e haajat ke liye baiTheN to zameen se qareeb hone se pehle ek dum pant/paajaama na kholeN, balke ukDu baithne waqt aahista aahista apna pant/pajama kholte jaayeN.

*Agar khulay(open area) maqaam par qaza e haajat ke liye jaa rahe hain to aabaadi se kaafi duur chale jaayeN aur kisi cheez ke aasre/aaD meiN baiTh jaayeN, suraj/chaand ke bilkul opposite na baiTheN. Hawa ke ruq ke opposite direction meiN na baitheN balke hawa ke ruq ki taraf baiTheN taa ke peshaab hawa ke zarye aap se duur jaaye aur aap ke oopar na aaye.

BAAT KARNA: Kisi se baat karna, salaam karna/salaam ka jawab dena, cheeNk ka jawab dena makrooh hai. Agar cheeNk aaye to dil meiN Alhamdulillah kehne ka qayaal karna chahiye. Lekin kisi ko takleef se bachane ke liye aawaaz dena jaayez hai.

TOILET KE MUHARRAMAAT

Wo kaam jin ka karna toilet mein haraam hai

QIBAL KI TARAF CHEHRA/PEET KARNA:

Jab jungle mein ya khulay maidaan meiN qaza e haajat ke liye jaana ho to qibla ke ruq ki taraf chehra/peeT karna haraam hai. Lekin agar koi deewaar beech meiN aa jaaye to aisa karna jaayez hai. Is ke bawajood, qibla ke ruq ke ehteraam ki qaatir hamaare buzurgoN ne kabhi bhi toilet ki taameer aisi nahi kii ke qaza e haajat karne waale ka chehra/peeT qibla ke ruq ki taraf hota ho.

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JHAAD KE NEECHE FAARIG HONA:

In sab muqaamaat par faariG hona haraam hai:- Phal-daar/saaya daar jhaaD ke neeche, aisi jagah jahaN log aapas meiN baat-cheet ke liye baiTh'te haiN, aisi jagah jahaN log sardion meiN dhoop lene baiTh'te haiN, musalmaanoN ki qabroN par ya qabroN ke darmiyaan.

ZAROORAT SE ZYAADA TOILET MEIN RUKNA:

Toilet mein zaroorat se zyaada der tak rukna bhi haraam hai.

QURAAN LE JAANA YA QURAAN KI TILAWAT KARNA:

Toilet mein quraan le jaana ya quraan ki tilawat karna haraam hai.

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BATHROOM/HAMMAAM KE AADAAB

ENTRANCE/EXIT KE AADAAB: Hammaam meiN daaqil hone se pehle BISMALLAH kaheN. Phir hammaam mein apna left paaooN pehle rakheN aur right baad meiN rakheN. Bahar nikalte waqt right paaooN pehle nikaaleNge.

MAKROOHAT: maGrib aur isha ke beech meiN nahaana makrooh hai. Quraan paDhna, salaam ka jawaab dena makrooh hai. Lekin zikr kar sakte hai jaise ke nahaane se pehle BISMILLAH kehna. Lekin hamaam aur toilet ek hi jagah ho to zikr bhi nahi karna chahiye, balke BISMILLAH waGaira kehne ka dil meiN qayaal karna chahiye aur zubaan se nahi kehna chahiye.

MUHARRAMAAT: logon ke saamne nange nahaana haraam hai. Agar nahaane ki jagah aisi hai ke wahaN naahate waqt kisi ke dekhne ka qauf ho to wahaN nahaana makrooh hai lekin agar kisi ke dekhne ka yaqeen ho to wahaN nahaana haraam hai.

WUZU/Gusl KE LIYE PAANI KI MIQDAAR

*Wuzu ke liye ek mudd ke baraabar paani istemaal karna sunnat hai. Mudd ek bartan ka naam hai jo huzoor e akram SALLALLAHU ALAIHI WA AALIHI WA SALLAM ke zamaane meiN istemaal hota tha.
*Gusl ke liye ek Saa ke baraabar paani istemaal karna sunnat hai. Ek saa meiN 4 mudd ke baraabar paani aata hai. Ek Saa ka wazan 2.25kg hota hai.
Lekin ek mudd ya ek saa se thoDa kam ya zyaada istemaal kareN to yeh bhi jaayez hai. Magar israaf makrooh hai agar che aap behti hui nadi(river) par hi kyu na hoN.

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PESHAAB/PAAQAANA KARNE KE BAAD SAFAAI KE AADAB

(EPISODE-12)

Peshaab aur guu karne ke baad peshaab aur guu ke asar ko un ki jagah(suraaq) se duur karne ka naam ISTENJA kehlaata hai. Istenjaa karne ka Sunnat Tareeqa yeh hai ke pehle Dhele, phir paani istemaal kiye jaayeN. Lekin pehle paani aur phir Dhelon se karna makrooh hai. Dhele aur paani se istenja karna distinction marks haasil karne ki tarah hai. Sirf dhele ya sirf paani se istenjaa karna passing marks laane ki tarah hai. Agar donoN meiN se koi bhi cheez istemal nahi kareNge to istenja hoga hi nahi. Yaani yeh exam meiN fail hone ki tarah hai. Isliye donon meiN se kisi ek se istenjaa karna waajib hai.

*Peshaab aur guu ki jagah se jab koi cheez nikalti hai to us ke baad istenjaa karna zaruri hai. Istenjaa se pehle wuzu durust nahi hai.

*Peshab/guu ke suraaq se hamesha nikalne waali cheez (peshab, paaqaana, mazi, etc) umooman peshaab aur guu ki jagah ko aalooda(contaminate) karti hai. Lekin kabhi guu itna sookh jaata hai ke uske nikalne ke baad suraaq aalooda nahi hota hai. Aisi haalat meiN agar istenjaa na bhi kareN to jayez hai. Magar aisa sirf guu sookh jaane ke baad ho sakta hai, peshaab ki jagah par aisa nahi ho sakta hai.

*Peshab/guu ke suraaq se koi cheez aisi nikle jo wahan se hamesha nikalne waali nahi hai(Eg: keeDa) to istenja karna zaruri hai. Lekin hawa (gas) nikalne ke baad istenja mamnoo (forbidden) hai.

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PAANI SE ISTENJAA:

SHARAYET:

1. Tahoor paani istemaal karna chahiye.

2. Paani ki miqdaar itni honi chahiye ke wo dhone ke liye kaafi ho.

ISTENJAA KA TAREEQA:

Jab peshab aana qatm ho jaaye to mard log pehle mardaani azu ki jaD se sar tak beech ki ungli aur angoTha 3 baar phereN aur mardaani azu ko 3 baar kheeche taa ke peshab ke bache hue qatre baahar aa jayeN aur istenjaa karne ke baad koi qatre girne ka qauf na rahe.

Phir seedhe haath se paani daalna chahiye aur left haath ki unglioN ke paiT se najasat ke nikalne ke suraaq ko dhona chahiye aur aisa karne meiN mubaaliGa(exaggeration) karna chahiye. Istenjaa ke baad unglioN ko bhi dho lena chahiye.

Mard aur bakira(virgin female) ko chahiye ke pehle peshab ki jagah dhoye aur phir paaqaane ki jagah ko dhoye. Aur Seeba(non-virgin female) jis hisse ko chaahe pehle dho sakti hai.

DHELON SE ISTENJAA:

Saaf pathar, dhela, theekri, kapDa,etc ko bataur dhele istemal karna jayez hai. Lekin haDDi, kaanch,etc ko istemal karna jaayez nahi hai. Aur haram cheez (Example: gobar ke uple), mohtaram cheez (Example: kisi ilm ki kitaab ka kaaGaz) aur jaanwar ke ajzaa(Example: dum, baal,etc) istemaal karna jaayez nahi hai.

Agar najasat suraaq se aage baDh kar atraaf ki jild(skin) ko bhi lag jaaye to us ko duur karne ke liye dhele istemal nahi karna chahiye bal ke paani istemaal karna chahiye.

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Agar peshab/guu apne nikalne ki jagah badal kar dusre suraaq se nikle (example: fistula ke mareez ko guu ke suraaq ke qareeb ek naya suraaq ban jaata hai jahaN se guu nikalta hai) to istenjaa dheloN se durust nahi hoga balke paani istemal karna lazim hai.

TAREEQA:

Dhele se peshab/paqana ki jagah ko 3 baar saaf kiya jaana chahiye. Aur yeh is tarah ho ke 3 dhele liye jaayeN aur pehla dhela suraaq ke aage se peeche ki taraf phera jaaye aur dusra dhela peeche se aage ki taraf phera jaaye aur teesra dhela aage se peeche ki taraf phera jaaye. Kam az kam 3 dheele istemaal karna sunnat hai. Agar ek dhele se safaai ho gayi to 3 dhele sunnat poori karne istemal kar sakte haiN. Jis dhele se pehli baar safai kii usi se dusri baar istemaal nahi karna chahiye , agar uske dusre ruq se kareN to jaayez hai.

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